



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 20051, Rice, white, medium-grain, enriched, cooked

Report Date: June 27, 2017 04:55 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.16 Fat Factor: 8.37 Protein Factor:3.82 Nitrogen to Protein Conversion Factor:5.95

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 186g
Proximates					
Water	g	68.61	--	--	127.61
Energy	kcal	130	--	--	242
Energy	kJ	544	--	--	1012
Protein	g	2.38	--	--	4.43
Total lipid (fat)	g	0.21	--	--	0.39
Ash	g	0.21	--	--	0.39
Carbohydrate, by difference	g	28.59	--	--	53.18
Fiber, total dietary	g	0.3	--	--	0.6
Minerals					
Calcium, Ca	mg	3	--	--	6
Iron, Fe	mg	1.49	--	--	2.77
Magnesium, Mg	mg	13	--	--	24
Phosphorus, P	mg	37	--	--	69
Potassium, K	mg	29	--	--	54
Sodium, Na	mg	0	--	--	0
Zinc, Zn	mg	0.42	--	--	0.78
Copper, Cu	mg	0.038	--	--	0.071
Manganese, Mn	mg	0.377	--	--	0.701
Selenium, Se	µg	7.5	47	0.459	13.9
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.167	--	--	0.311

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 186g
Riboflavin	mg	0.016	--	--	0.030
Niacin	mg	1.835	--	--	3.413
Pantothenic acid	mg	0.411	--	--	0.764
Vitamin B-6	mg	0.050	--	--	0.093
Folate, total	µg	58	--	--	108
Folic acid	µg	56	--	--	104
Folate, food	µg	2	--	--	4
Folate, DFE	µg	97	--	--	180
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.057	--	--	0.106
14:0	g	0.001	--	--	0.002
16:0	g	0.051	--	--	0.095
18:0	g	0.004	--	--	0.007
Fatty acids, total monounsaturated	g	0.065	--	--	0.121
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.064	--	--	0.119
Fatty acids, total polyunsaturated	g	0.056	--	--	0.104
18:2 undifferentiated	g	0.046	--	--	0.086
18:3 undifferentiated	g	0.010	--	--	0.019
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.028	--	--	0.052
Threonine	g	0.085	--	--	0.158
Isoleucine	g	0.103	--	--	0.192
Leucine	g	0.197	--	--	0.366
Lysine	g	0.086	--	--	0.160

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 186g
Methionine	g	0.056	--	--	0.104
Cystine	g	0.049	--	--	0.091
Phenylalanine	g	0.127	--	--	0.236
Tyrosine	g	0.080	--	--	0.149
Valine	g	0.145	--	--	0.270
Arginine	g	0.198	--	--	0.368
Histidine	g	0.056	--	--	0.104
Alanine	g	0.138	--	--	0.257
Aspartic acid	g	0.224	--	--	0.417
Glutamic acid	g	0.464	--	--	0.863
Glycine	g	0.108	--	--	0.201
Proline	g	0.112	--	--	0.208
Serine	g	0.125	--	--	0.233
Other					